

Manufacturers to the Late Queen Victoria

**BROWN & POLSON'S
SUMMER DISHES**



BROWN & POLSON, Paisley
And 6 Bouverie St., LONDON, E.C.

PRICE ONE PENNY.

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Food **Facts**



The starch foods form two-thirds to four-fifths of a natural diet.*

Brown & Polson's "Patent" Corn Flour is a pure starch food.

Too much heavy food is eaten by most in summer.

For greater comfort and health eat less butcher meat to dinner and supplement with Corn Flour and Fruit.

Fresh Fruit **and** **Corn Flour**

In summer weather no foods are more delightful and agreeable than the dishes prepared with fresh fruit and Corn Flour.

* This is Sir Michael Foster's statement—
one of our foremost physiologists.

Fresh Fruit Stewed
with a
Brown & Polson
Blanc-Mange

is a treat to eat, clean to the palate, pleasant to the taste, good for the body.

Corn Flour in this form brings out the fresh taste of the fruit and gives the required food-backing in a taking form.

Natural
Fruit Jellies

For those who dislike milk puddings the clear juice of the fruit can be made into delicious Fruit Jellies with Corn Flour.

These Jellies are health-giving and readily assimilated even by persons of weak digestion. They are, besides, of greater food value and far more refreshing than jellies prepared from artificial ingredients.

Light Fare for
Little Folk

In the summer time there are few dishes so nice and nourishing for children as one or other of the dainty summer dishes given in following pages.

Ice Cream

HERE is a recipe for a fairly cheap ice cream:—Four pints of milk, two tablespoonfuls of custard powder, one pint of cream, one pound two ounces of sugar, flavouring.

Blend the custard powder with a little of the milk. Heat the remainder, and pour it over the blended custard powder. Return to the pan, and boil for a few minutes. Add the sugar and flavouring, and put aside till cold. Half-whisk the cream and add it to the cold custard, then freeze.

The mixture can be made richer by using eggs or yolks of eggs instead of custard powder, and it can be made cheaper by cutting down the quantity of cream.—*A Reader of the Scottish "Daily Express."*

Lunch With a Punch

Punch's is a club where the children of the Ritz pay for their own luncheon when they've found no one to invite them to their favourite haunt.

There are other, and perhaps more amusing, people who frequent it, too.

Among these are Lady Seafield and her husband, Mr. Studley Herbert. (If there were any real equality of the sexes surely he would be — at least — Count Seafield.)

Lady Seafield is more like Queen Victoria than any neo-Georgian has a right to look.

Crowded Places

How important hair is nowadays. So much of it shows under those compromises we call hats. In a crowd almost all one can see of people is their head, too.

I like Mrs. Colclough's hair nowadays. It is rather reminiscent of the wind-swept style which was so popular a year ago. But

Cold Sweets.

No. 1—CORN FLOUR BLANC-MANGE

2½ oz. (5 table-spoonfuls filled level with the top of the spoon) Brown & Polson's "Patent" Corn Flour.

2 pints (3 large or 4 small breakfast-cupfuls) good Sweet Milk.

1 table-spoonful Sugar.

1 tea-spoonful Butter.

A strip Thin Lemon Rind.

A pinch Salt.

Mix the Corn Flour to a smooth cream with a little of the milk. Heat the rest of the milk with the lemon rind to the boiling point in a roomy enamelled saucepan. Remove the saucepan from the fire and take out lemon rind. Pour the mixed Corn Flour slowly into the heated milk, stirring vigorously. Add the butter, sugar and salt. Then boil well for 10 minutes (by the clock), stirring all the time. Pour into a 2-pint mould and cool. When cold, turn out and serve.

TO MAKE A 1-PINT SHAPE, use half the above quantities.

TO MAKE 1¼-PINT SHAPE, use

1½ oz. Corn Flour (3 table-spoonfuls filled level with the top of the spoon).

1¼ pints Milk (2 breakfast-cups quite full).

TO MAKE 1½-PINT SHAPE, use

2 oz. Corn Flour (4 table-spoonfuls filled level with the top of the spoon).

1½ pints Milk (2½ large or 3 small breakfast-cupfuls).

Notice that the amount of Brown & Polson's "Patent" Corn Flour required for 2 pints or 1 quart of milk is much less than that required of other Corn Flours—usually 4 oz.—and therefore, Brown & Polson's goes very much farther.

Earthenware Moulds specially made for Blanc-Mange Shape to be had from Brown & Polson, Paisley, 1/- each post free.

No. 2—LEMON BLANC-MANGE

No Stirring while Boiling.

The chief point in this recipe is that the 10 minutes' stirring over the fire is avoided by using a double saucepan and boiling for half an hour. Blanc-Mange made in this way is more creamy in consistency, less jelly-like than the ordinary Blanc-Mange, and some may prefer this consistency.

When prepared without added flavouring, however, the Blanc-Mange is more pleasantly tasted when prepared in the single saucepan and boiled over the naked fire with stirring, as in Recipe No. 1.

RECIPE.

1 oz. Brown & Polson's "Patent" Corn Flour.

(To $1\frac{1}{2}$ pints Milk, 2 oz. Corn Flour.)

(To 2 " " $2\frac{1}{2}$ oz. ")

1 pint of Milk.

The Rind of 1 Lemon pared very thin; also the Juice.

1 oz. of Castor Sugar.

Use a double saucepan. Put a pint of milk to heat slowly, adding the sugar and the thinly pared rind of a lemon. Bring the milk to the boiling point slowly. Mix the Corn Flour in a basin with a little cold milk to a smooth cream. Take the lemon rind from the boiling milk, and pour the milk on the Corn Flour, stirring all the time. Pour the mixture back into the double saucepan and put on the fire again. Boil for half an hour. No stirring required. Take the Corn Flour off the fire and add slowly to it whilst it is still in the pan the strained juice of the lemon, beating all the time; then pour into a mould previously wetted with cold water. Turn out when cold.

A Double Saucepan can be had from Brown & Polson, Paisley, for 2/- carriage paid; also Earthenware Moulds specially made for Blanc-Mange Shape, 1/- each post free.

No. 3—BLANC-MANGE WITH EGG

2½ oz. (5 table-spoonfuls filled level with the top of the spoon) Brown & Polson's "Patent" Corn Flour.

2 pints (3 large or 4 small breakfast-cupfuls) good Sweet Milk.

1 tea-spoonful Butter. 2 Yolks of Eggs. 1½ oz. Sugar.

Prepare as in Recipe No. 1. After boiling 10 minutes remove from the fire. Beat up the yolks of eggs with the sugar. Stir into the Corn Flour. Pour into a 2-pint mould and cool. When cold, turn out into a glass dish.

No. 4—BLANC-MANGE SPONGE

3½ oz. (7 table-spoonfuls filled level with the top of the spoon) Brown & Polson's "Patent" Corn Flour.

2 pints (3 large or 4 small breakfast-cupfuls) good Sweet Milk.

1 tea-spoonful Butter. 3 Eggs. 2 oz. Sugar.

Prepare as in Recipe No. 1. After boiling 10 minutes, remove from the fire. Beat up the whites of the eggs to a stiff snow and lay aside. Beat up the yolks of the eggs with the sugar and stir into the Corn Flour. Stir the beaten whites lightly but evenly through the mixture. Pour into a 2-pint mould and cool. When cold, turn out into a glass dish. This sponge may be made using only whites of eggs.

How to Serve a Blanc-Mange.

A Blanc-Mange made according to Recipe No. 1, 2, 3 or 4 should be turned out into a glass dish, and may be served plain with milk or cream and sugar; or with Sauce No. 5, 6, or 7 round about the dish; or with stewed fruit, prepared according to Recipe No. 10, placed round about the dish, or in a separate dish; or again, with jelly or jam or any sort of preserved fruit.

No. 5—ORANGE SAUCE FOR BLANC-MANGE

¼ oz. Brown & Polson's "Patent" Corn Flour.

1 Orange. 2 oz Loaf Sugar.

Juice of half a Lemon. ½ pint Water.

Rub the sugar on the orange to absorb the zest. Put sugar and zest into a saucepan with the water. Bring to the boil slowly and boil for three minutes. Strain through muslin, return to the saucepan, and add the lemon and orange juice. Blend the Corn Flour with a little cold water, and add it to the liquid when boiling. Boil for three minutes. When cold, pour round the Blanc-Mange.

To make a Lemon Sauce use two lemons in place of the orange and half lemon and proceed as above.

No. 6—CARAMEL SAUCE FOR BLANC-MANGE

4 oz. Loaf Sugar.

$\frac{1}{2}$ pint Water.

Put the sugar and one gill of the water into an old black saucepan and boil till it becomes a golden brown colour. Then add the other gill of water, and boil for two minutes more. When cold, pour round the Blanc-Mange.

No. 7—FRUIT JUICE SAUCES

$\frac{1}{2}$ lb. Fresh Fruit (Raspberries, Red or Black Currants, Cherries, Plums, Crab Apples, etc.)

$\frac{1}{4}$ lb. Sugar.

Enough Water to cover.

Stew all together until tender. Strain, and when cold serve round the mould.

WITH FRUIT SYRUP.

2 table-spoonfuls Fruit Syrup.

$\frac{1}{2}$ pint Water.

1 tea-spoonful Fresh Lemon Juice.

Heat all together and when cold pour round the mould.

No. 8—CREAMY CUSTARD

TO SERVE WITH STEWED FRUITS AND FRUIT TARTS.

$\frac{3}{4}$ oz. Brown & Polson's "Patent" Corn Flour.

1 pint Milk.

$1\frac{1}{2}$ oz. Sugar.

$\frac{1}{2}$ oz. Butter.

2 Eggs.

1 tea-spoonful Essence of Vanilla.

Mix the Corn Flour to a smooth cream with a little of the milk. Bring the rest of the milk to the boil. Pour the mixed Corn Flour into the milk, stirring vigorously. Add the butter. Boil for six minutes, stirring all the time. Remove from the fire. Beat the two yolks of eggs with the sugar and sift into the Corn Flour. Beat up the whites of the two eggs to a stiff snow and stir lightly through the rest. Boil again for a moment and allow to cool. When cold, remove the skin, beat up well, and serve in custard cups or in a sauce boat.

No. 9—CUSTARD SAUCE

$\frac{1}{4}$ oz. Brown & Polson's "Patent" Corn Flour.

$\frac{1}{2}$ oz. Sugar.

1 inch of Cinnamon Stick.

$\frac{1}{2}$ pint Milk.

2 Yolks of Eggs.

Blend the Corn Flour with the milk, and boil with the cinnamon for three minutes, stirring all the time. Take off the fire and stir in the yolks of the eggs. Cook for one moment, add the sugar, remove the piece of cinnamon, and serve.

How to Stew Fruit.

Fresh fruit when stewed retains all its healthful and refreshing properties, and at the same time is much safer to take. There is no danger in eating unripe fruit if it be well stewed, indeed most fruits for stewing are the better of being a little unripe and tart.

The following fruits in season are very nice when stewed :—

CHERRIES, RHUBARB, GREEN APRICOTS, GOOSEBERRIES, CURRANTS, RASPBERRIES, BLAEBERRIES, BLACKBERRIES, CRANBERRIES, PLUMS, GREENGAGES, DAMSONS, APPLES, CRAB-APPLES, QUINCES, PEARS, PEACHES, NECTARINES, GREEN FIGS, ORANGES.

No. 10—RECIPE FOR STEWING FRUIT

Prepare a syrup by boiling 1 lb. sugar and 1½ pints water in a lined saucepan for quarter of an hour, removing carefully the scum as it rises. For smaller quantities of syrup, take 11 oz. sugar to 1 pint water, or 5½ oz. sugar to ½ pint water.

Put the cleaned fruit in the syrup and let it simmer till tender. Remove the fruit, drain it on a sieve, and reduce the syrup by boiling briskly for a few minutes. When cold, place the fruit round a Blanc-Mange in a glass dish and pour the syrup over. The fruit may also be served in a separate glass dish.

RHUBARB is improved by adding a few drops of lemon juice.

RED or WHITE CURRANTS and RASPBERRIES go very well together.

PLUMS, GREENGAGES, DAMSONS.—One or two stones may be cracked and the kernels boiled with the fruit.

GREEN FIGS are improved by boiling the rind of half a lemon with the syrup and adding a little juice of lemon to the fruit.

GOOSEBERRIES for stewing should not be too ripe.

GREENGAGES, PEACHES, NECTARINES.—Remove stones before stewing. Pare peaches and nectarines.

How to Stew Fruit—Continued.

ORANGES.—Peel the oranges, remove as much of the white pith as possible, and divide into laths. Add the rind of the orange, cut into thin strips when making the syrup. Remove it and simmer the laths of oranges in the syrup for about five minutes.

APPLES and PEARS are improved by adding the rind of a lemon to the syrup and a few drops of juice of lemon to the fruit. A few cloves are also added sometimes, and a glass of port to stewed pears.

No. 11—NATURAL FRUIT JELLIES

These Jellies are made simply with Corn Flour and fresh fruit. They are more wholesome and nourishing than prepared jellies and artificially flavoured powders. They are easily made and retain the pleasant flavour and all the good qualities of fresh fruit.

GENERAL RECIPE.

2¼ oz. (4½ table-spoonfuls filled level with the top of the spoon) Brown & Polson's "Patent" Corn Flour.

1½ pints (2½ large or 3 small breakfast-cupfuls) any kind of fruit juice (see below).

Mix the Corn Flour to a smooth cream with a little of the juice. Bring the rest of the juice to the boil. Remove the saucepan from the fire. Pour the mixed Corn Flour slowly into it, stirring vigorously. Bring to the boil again and boil well for three minutes. Pour into a mould and cool. When cold, turn out and serve with switched cream. The juice of half a lemon may be added to help the flavour.

TO MAKE THE FRUIT JUICE FOR RHUBARB JELLY.

1 lb. Fresh Rhubarb.

½ lb. (8 heaped table-spoonfuls) Sugar.

Clean the rhubarb stalks. Cut into pieces. Put into a saucepan with the sugar and enough water to cover the stalks. Stew till soft, which will take five or ten minutes. Strain through a cloth. Make the juice up to 1½ pints with water, if necessary.

FOR CHERRY JELLY.

1 lb. Fresh Cherries.

¼ lb. (4 heaped table-spoonfuls) Sugar, if fruit quite ripe.

½ lb. (8 heaped table-spoonfuls) if fruit sour.

Clean the cherries and put into a saucepan with the sugar and enough water to cover them. Stew till quite soft. Pound a few of the kernels in a mortar and add to the rest. Strain through a flannel cloth. Make the juice up to 1½ pints with water, if necessary.

FOR PLUM, GREENGAGE, AND DAMSON JELLIES.

Prepare the juice the same as for Cherry Jelly.

**FOR GOOSEBERRY, CURRANT, RASPBERRY, BLAEBERRY,
BLACKBERRY or BRAMBLE, & CRAB-APPLE JELLIES.**

1 lb. Fruit.

$\frac{1}{4}$ to $\frac{1}{2}$ lb. of Sugar, according to the ripeness of the fruit.

Boil the fruit with the sugar and sufficient water to cover the fruit till quite soft, and strain. Make up to $1\frac{1}{2}$ pints with water, if necessary.

CURRENTS and RASPBERRIES combined make a very pleasantly flavoured jelly.

APPLES, PEARS and STRAWBERRIES have not sufficient flavour when boiled to make a good jelly.

CRANBERRIES make a too strongly flavoured jelly for most tastes, but a few cranberries may be added with very good results to some of the more mildly flavoured fruits, such as raspberries and apples.

No. 12—CHOCOLATE CUSTARD SHAPE.

2 oz. Brown & Polson's "Patent" Corn Flour.

2 oz. Grated Chocolate. 2 oz. Castor Sugar.

$1\frac{1}{2}$ pints Milk. 3 Yolks of Eggs.

Essence of Vanilla.

Dissolve the grated chocolate in a half-pint of the milk. Blend the Corn Flour with a little cold milk. Put on the remainder of the milk to boil. When almost boiling add the mixed Corn Flour. Stir vigorously till quite smooth, and add the dissolved chocolate and the sugar. Boil for eight minutes, stirring all the time. Remove the saucepan from the fire, and add the yolks of eggs one by one. Cook gently for a minute, flavour with vanilla, and pour into a glass dish or a mould rinsed out with cold water. When cold, turn out and serve with whipped cream round the mould.

No. 13—COLD CUSTARD SHAPE

$1\frac{1}{2}$ oz. Brown & Polson's "Patent" Corn Flour.

1 pint Milk. 4 Yolks of Eggs.

1 oz. Sugar. Vanilla.

Boil the milk and strain in the Corn Flour, blended with a little of the cold milk. Boil for eight minutes, stirring all the time. Add the sugar and yolks of eggs. Cook for one moment. Set in a mould rinsed out with cold water. Turn out when cold.

No. 14—RATAFIA MOULD

$1\frac{1}{2}$ oz. Brown & Polson's "Patent" Corn Flour.

1 pint Milk, 2 oz. Ratafias. 2 oz. Citron.

1 glass Sherry. 1 oz. Castor Sugar.

Blend the Corn Flour with a little of the milk, and pour into a saucepan with the rest of the milk and the sugar. Boil for eight minutes, stirring all the time. Cut up the citron and put it into a basin with the ratafias. Pour the sherry over to soak. Stir this into the Corn Flour and set in a mould. When firm, turn out and serve with clear wine sauce.

No. 15—ORANGE SPONGE

2 oz. Brown & Polson's "Patent" Corn Flour,
1½ pints Milk. 4 oz. Sugar.
2 Oranges, Juice and Grated Rind.
½ oz. Butter. 2 Eggs.

Mix the milk gradually with the Corn Flour, put into a saucepan and bring to the boil. Add the butter, the sugar and the yolks of eggs, and boil for eight minutes, stirring all the time. Stir in the juice and grated rind of the oranges and allow to cool. Beat up the whites of eggs to a stiff froth, and stir lightly through the rest. Bring to the boil again for a moment. Set in a mould and turn out when firm. This may be made also with water instead of milk, and served with whipped cream round the dish.

No. 16—SIMPLE TRIFLE

1¼ oz. Brown & Polson's "Patent" Corn Flour.
4 Sponge Cakes. 2 table-spoonfuls Jam.
1 pint Milk. 1 Egg.
1 oz. Sugar. 6 Sweet Almonds.

Cut the sponge cakes across, and put a good layer of jam between. Then pile them together in a glass dish. Blend the Corn Flour with the milk, and boil for eight minutes, stirring all the time. Take it off the fire and stir in the yolk of egg and sugar. Cook for one moment, then pour over the sponge cakes. Stud the shredded almonds over the dish. Beat the white of egg to a stiff froth. Put a little milk to boil in a small saucepan, and when boiling, drop in spoonfuls of the white of egg. Let them poach for half a minute, and put this white rock of egg daintily here and there on the trifle. Serve cold. This makes a very pretty dish. For children, leave out the almonds.

No. 17—COLD BANANA PUDDING

1¼ oz. Brown & Polson's "Patent" Corn Flour.
2 Bananas. 1 oz. Sugar.
½ glass Brandy, or
½ Juice and Rind of a Lemon.
1 pint Milk. 1 oz. Castor Sugar.

Place the sliced bananas in the bottom of a glass dish, put the sugar over and pour on the brandy or lemon juice. Blend the Corn Flour with the milk, and boil it for eight minutes, stirring all the time. Stir in the castor sugar. Let this cool and pour over the bananas. When set, serve. Hand a small jug of cream with it. This same recipe can be set in a mould, turned out, and the sliced bananas served round, or a *compote* of stewed oranges placed round the dish.

No. 18—ORANGE AND CORN FLOUR JELLY

2½ oz. (5 table-spoonfuls filled level) Brown & Polson's "Patent" Corn Flour.

2 Oranges.	1 Lemon.
2 oz. Lump Sugar.	5 oz. Castor Sugar.
1½ pints Water (2 brimful breakfast-cups and ½ breakfast-cup).	

Rub down the rind of the oranges with the lump sugar, and scrape off the bits of sugar that stick to the rind. Put these into a saucepan with the castor sugar. Mix the Corn Flour to a smooth cream with a little of the water from the 1½ pints. Pour the rest of the water into the saucepan and bring to the boil. Remove the saucepan from the fire. Pour the mixed Corn Flour slowly into it, stirring vigorously. Squeeze into it the juice of the two oranges and of the lemon. Bring it to the boil again, and boil well for three minutes. Pour into a mould and cool. When cold, turn out and serve with switched cream.

NOTE.—To make a delicious LEMON JELLY use two lemons in place of the two oranges, and proceed as above.

No. 19—GOOSEBERRY FOOL

2 oz. Brown & Polson's "Patent" Corn Flour.	
1 pint Sweet Milk.	1 pint Gooseberries.
2 Eggs.	4 oz. Sugar.
1 oz. Castor Sugar.	½ gill Water

Measure out the ingredients. Clean the gooseberries and stew them with the sugar and water till tender, and rub through a hair sieve. Blend the Corn Flour with a little of the milk, put the remainder on to boil. When almost boiling, stir in the blended Corn Flour and the gooseberry pulp; stir till it boils and boil for three minutes. Allow it to cool. Beat up the eggs with the 1 oz. of castor sugar and add to the pudding. Mix all thoroughly, pour into a pie dish, and serve cold.

No. 20—PRUNE JELLY

2½ oz. Brown & Polson's "Patent" Corn Flour.	
1 lb. Prunes.	2 pints Water.
2 oz. Sugar if Prunes are not very sweet.	

Stew the prunes in a little of the water, from the 2 pints, till soft, which will take about 15 minutes. Remove the stones and pound up the rest of the fruit in a mortar. Mix the Corn Flour to a smooth cream with a little of the water. Bring the rest of the water to the boil and stir the Corn Flour and the sugar into it. Add the pounded prunes and boil for eight minutes.

No. 21—ICE CREAM

1 oz. Brown & Polson's "Patent" Corn Flour.
1 pint Milk. 2 Eggs.
4 oz. Sugar. $\frac{1}{2}$ pint Whipped Cream.
Vanilla, Coffee or Lemon Flavouring.

Blend the Corn Flour with a small quantity of the milk till smooth, then add the rest and put it into a saucepan with the sugar. Boil for three minutes, stirring all the time; take it off the fire, add the yolks of eggs, and then cook gently for a moment. Let this cool. Stir in the whipped cream and the whites of eggs stiffly beaten. Flavour to taste with vanilla, coffee essence, or fruit juice. A tea-spoonful of maraschino can be used if a wine flavouring is desired. Freeze and serve.

No. 22—CHOCOLATE ICE

1 oz. Brown & Polson's "Patent" Corn Flour.
1 pint Milk. 2 oz. Castor Sugar.
4 oz. Grated Chocolate.
 $\frac{1}{2}$ tea-spoonful Vanilla Essence.

Blend the Corn Flour with a small quantity of the milk till smooth, then add the rest and put it into a saucepan with the sugar. Cook for three minutes, stirring all the time. Add the grated chocolate, dissolved in a little cold milk. Allow this to become cold, add the vanilla essence, and freeze.

No. 23—FRUIT ICE

1 oz. Brown & Polson's "Patent" Corn Flour.
1 pint Milk. 2 Yolks of Eggs.
 $\frac{1}{2}$ pint Fruit Purée. 3 oz. Castor Sugar.
1 tea-spoonful Lemon Juice.

Blend the Corn Flour smoothly with the milk, and boil for three minutes, stirring all the time. Take off the fire and add the yolks of eggs and sugar. Let this cool. Rub any kind of fruit—strawberries, raspberries or apricots—through a hair sieve to make half a pint of fruit purée. Add this to the Corn Flour Custard, mix thoroughly with a whisk, flavour with lemon juice, and freeze.

No. 24—FALSE CREAM

TO BE SERVED WITH FRUIT.

$\frac{1}{2}$ oz. Brown & Polson's "Patent" Corn Flour.
1 pint Milk. $\frac{1}{2}$ tea-spoonful of Sugar.
 $\frac{1}{4}$ tea-spoonful of Vanilla.

Blend the Corn Flour with a little cold milk, and stir it into one pint of boiling milk. Cook three minutes, stirring all the time, then add the sugar, and flavour with vanilla. Let it become cold, and serve instead of cream with any stewed fruit, or with fruit jelly.

